

Carolina country



It's Summer!

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Cool recipes

Old-time threshing

We go to Washington

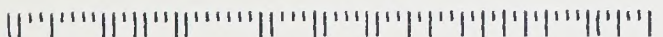
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Kimberly Byerly of Kernersville demonstrates her skills at Denton Farm Park, site of the Southeast Old Threshers Reunion, June 30–July 4, an annual festival. www.threshers.com. Learn more about threshing on page 12. Photography by Ronald N. Day, www.dayimages.com.



Carolina country

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Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Lisa A. Tyrrell, (919) 761-1009

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations


Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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In Washington, D.C., cooperative members are part of the discussion

By Brad Furr



Representatives of your cooperative have been busy in Washington, D.C., in recent months, and we expect to stay busy there in the coming months. I would like to generally summarize what we're doing there and why.

The Obama Administration and Congress are focusing very sharply on a variety of energy-related initiatives and policies. Let's be clear, we need to strike a balance with future policy changes. Co-op representatives want to take care of the environment and continue to supply safe, affordable electricity to the communities we serve. We believe, with the help of Congress, we can do both. As you can imagine, all stakeholders in the matter—from the automotive industry to electric utilities—are pressing their case. As always, cooperatives are at the table discussing the issues that are most important to us: the interests of cooperative consumer-members and their communities. As not-for-profit businesses owned by those we serve, we are advocating for reliable, safe and affordable electricity. At a time when many in Washington are pushing for big changes and fast, we are calling to help consumers and to ensure that changes are sensible, balanced and (we can't say it too often) affordable.

When major energy and environmental legislation was introduced in Congress this spring, your cooperative representatives discussed our concerns with North Carolina's Congressional delegation. As a member of the House Energy and Commerce Committee, Rep. G.K. Butterfield, the Congressman representing 23 northeastern North Carolina counties, was eager to join the discussion with us. We also sat down with our U.S. senators Richard Burr and Kay Hagan. We appreciate the time and attention they all gave to us.


Regarding federal legislation aimed at capping greenhouse gas emissions from electric power plants, we hope it will not result in placing an unreasonably high tax on utilities that would in turn be passed onto consumers. Many

electric cooperatives have already raised electric rates as fuel and material costs have risen over the last several years. We also argue that any windfall that the government collects from auctioning "allowances" for emissions be used for clean energy production, energy efficiency programs or direct rebates to you here at home.

We favor more progress toward using renewable resources to make electricity, and we are pointing out where we in North Carolina already have made progress. On a national level, we must realize that mandates for using renewable resources—in addition to mandates that already exist in our state—will substantially strain co-op budgets as well as our members' budgets. Additionally, large-scale renewable energy generation facilities will require major upgrades in the transmission system that would direct that energy to where it's needed. Costs need to be balanced with benefits to the consumer.

We favor higher efficiency standards for electric appliances and systems that will help consumers understand and control energy use. Further, we believe that the cleanest and least expensive energy is energy that we don't use.

We favor incentives that will employ new energy technology. We can rely more on carbon-free nuclear power for generating electricity. And, we expect that sooner than later we can apply emerging technology to allow cleaner burning of our nation's abundant coal supplies for generating electricity.

Above all, we stress that any energy and environmental-related legislation must first do no harm to American families and small businesses who we serve every day of the year. 

Brad Furr is executive vice president and general manager of Albemarle EMC serving more than 12,300 member accounts in Chowan, Perquimans, Pasquotank, Camden and Currituck counties. He also is president of the North Carolina Association of Electric Cooperatives board of directors.

WHERE IN CAROLINA COUNTRY IS THIS? →



June winner

The June photo shows a farmstead site on Owl Ridge Rd., off Hyatt Creek, near Waynesville in Haywood County. The winner chosen at random from all correct entries was Teresa Muse of Clyde, a member of Haywood EMC. She mentioned that until a few years ago, John Francis ran a feed mill and hog farm here until the place was sold.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive \$25.



Climate change: a "runaway train"

I am in complete support of your efforts to get the public in the discussion of this environmental, energy and mandate-making process.

However, your statement that "Most scientists support the position that manmade carbon dioxide emissions are significant contributors to climate change" is not true, unless perhaps you take scientists to mean all people even those with no connection to climate studies. Most experienced scientists in the field of climate do not believe man has had any major effect on climate. Water vapor, sun, long-term cycles and other factors have overriding power over our climate.

Part of the problem is that articles perpetuate similar false ideas, and the public gets conditioned to false information. It fuels the fire in people's mind that something has to be done to control others.

Those who have an agenda of control in mind have been trying to switch the argument to "climate change" from "manmade global warming" since the globe has not been warming lately. Of course the climate will change, and

that gives them a better instrument to manipulate society, since they can always point to a change no matter what happens.

Thank you again for trying to stop this ridiculous runaway train on controlling climate.

Vince Struble, Raleigh

The "total" cost of electricity

Your push to get members to lobby Congress to keep electricity costs in mind when considering renewable energy and climate change initiatives was interesting in what was left out.

As owner of a company that generates solar electricity—which is sold through the Piedmont Electric co-op (thank you, Piedmont!)—I am not opposed to competing with old school electricity sources on the matter of cost. But when the cost of electricity is talked about, we don't consider the cost of protecting New Bern and Elizabeth City from rising sea levels caused by carbon dioxide emissions and global warming. We don't consider the cost of the destruction of surface water supplies by mountaintop

removal coal mining, or the poisoning of water supplies by poorly disposed of coal ash sludge.

Nuclear power has its own hidden costs. Most significant is the U.S. taxpayer paying to insure the plants against accident and a cap on the amount of damages that will be recognized in case of an accident. Why does Uncle Sam insure plants no private insurer will touch? Why doesn't he insure my power plant?

Yes, cost does matter. When we talk about the cost of electricity, let's talk about the total cost.

Jim Senter, Rougemont

Geothermal heat pumps

In your May 2009 magazine you printed an article about tax credits for energy efficient home improvements. You stated that the improvements must be for the taxpayers' primary residence. That does not hold true for geothermal heat pumps, which are eligible for tax credits on second homes as well.

Mike Hadley, CGD, Climate Control Heating & Cooling Co, Jacksonville



Heart's desire

Has anyone else in Carolina Country chased hummingbirds as a child? I have always been fascinated by hummingbirds. I remember thinking as a child, "If only I could touch one, for just a moment."

Today, I held a tiny ruby-throated hummingbird in my hand as it drank nectar from a dish. When a loud banging on my front door surprised me, I ran outside barefoot. My husband was holding the hummingbird in his hand. He had found the bird tangled in spider webbing on the garage floor.

While my husband went to call our grandchildren, I picked up the tiny bird from the ground where it had fluttered from his hand and sat in the rocking chair on the front porch. The grandchildren and I fed it from a dish filled with nectar. They were thrilled.

As the revived bird hummed away in a flash of color, I thought, "God often gives us the desires of our heart when we least expect it."

Jane Thompson Pait, White Oak

Peyton on the farm

This is Peyton Hall at 4 years old. She is on the pasture gate at the house of her great-grandfather William McClain. Peyton is the daughter of



Brian and Lynette Hall of Bessemer City. She and her sister Tori have a little baby calf they raised on the bottle because the mother cow could not care for it.

Diane Hall

Grape-eatin' coon

I saw this grape-eatin' coon near here.

Leroy Register, White Oak



Where is page 3?

Thank you for publishing the picture of my great-granddaughter. The speaker at her church got up in the pulpit and held a copy of Carolina Country to show the congregation and asked if everybody had seen the picture on page 3. He turned to page 3, and he noticed it wasn't there! His wife spoke up, "I have already put that on my refrigerator." He was a little embarrassed but his message got through.

Ruby Shore, Yadkinville

Mistletoe anyone?

Does anyone know where I can find mistletoe seed?

William Moore, 475 Shumaker Road, Pebbles, Ohio 45660

The road man and the girls

For most of my life the road to my house was dirt. It has only been paved in the last 10 years. (I am 62 now.) When we were growing up, the state maintained the road with a tractor-like vehicle dragging a big metal blade over it. It was very loud, and when my sister and I heard it coming we ran out the front door and would jump up and down with excitement, because the man would always throw us a pack of Juicy Fruit gum. We never knew his name, but we sure looked forward to him coming on that big machine.

Dora Jackson, St. Pauls

Contact us

Web site: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
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HEALTHNEWS

Exhausted, But Just Can't Fall Asleep?

New breakthrough will help you fall asleep faster, sleep deeper and awake more refreshed.

Sleep is the only way we can recharge our brain and restore important neurotransmitters. Sleep is also the time when the body does most of its repair work including rebuilding and restoring muscle tissue. This is because growth hormones are secreted during sleep, which is essential to rebuilding tissues.

Consequences Of Too Little Sleep

There is a growing body of evidence indicating that chronic sleep deprivation increases risk of early death. In addition, one of the fastest growing areas of research is the link between chronic sleep deprivation and the risk of becoming overweight and obesity. Sleep deprivation can lead to:

- Greater risk of heart disease
- Increased risk of illness
- Thinking impairments, like slower reaction time, memory loss & confusion
- Poor work performance
- Mood problems like depression, anger & irritability
- Risk of unhealthy weight gain & loss



"I used to lie in bed for hours and...toss and turn...I would only get 4-5 hours of sleep per night...which just wasn't enough for me. RestAid® has seriously helped me. I can sleep without a problem and sleep soundly all night long. It has improved my life in so many ways."

—Maggie R.
Results not typical.

Lack Of Sleep Impacts 1 In 6 Adults

The National Sleep Foundation's Sleep in America polls reveal that over a six year period only about half of adults get a good night's sleep every night. Sleep deficit is frequently related to too much caffeine, nicotine and alcohol. It is also related to stress, long hours at work, night shifts and working on home computers before going to sleep.

New Non-Prescription Breakthrough

"I had problems sleeping for several years but never wanted to take prescription meds because of possible side effects. I have taken RestAid® every night for over two weeks, and I've never slept better. I fall asleep within a half hour of taking it, and I stay asleep longer." —Scott M.

Results not typical.

Before resorting to expensive prescription sleeping pills with potential negative side effects, try RestAid®. RestAid® is an all-natural sleeping supplement that will help you fall asleep faster, sleep deeper and awake more refreshed.

RestAid® utilizes a Patented Cysteine Milk Peptide® that is clinically proven to break down natural stimulants, toxic

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Do You Need RestAid® ?

- ☒ Hard time falling asleep?
- ☒ Can't sleep through the night?
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- ☒ Consistently wake up tired & foggy?
- ☒ Feel fatigued in the daytime?

Having Trouble Finding RestAid®?

For years consumers have only had the option of prescription pills or ineffective supplements to be able to get a good night's sleep!

Try Restaid® Risk Free for 30 days. The manufacturer of Restaid® wants you to experience for yourself this new all-natural breakthrough developed to help you fall asleep faster and awake more refreshed.



Call today to get
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HOW RESTAID WORKS

RestAid™ contains the perfect combination of Cysteine Milk Peptide® and Melatonin. Cysteine Milk Peptide® counteracts toxins, stimulants and alcohol which disrupt sleep patterns and Melatonin works naturally to synchronize your body's sleep rhythm.



Cysteine Milk Peptide® – Shown in clinical studies to immediately boost levels of Glutathione, which is a substance produced by the body that is needed to break down toxins such as caffeine and alcohol that disrupt our natural sleep patterns.

Vitamin B12 – is proven to cause an earlier release of Melatonin at night, which resets the sleep-wake cycle.

Melatonin – is a hormone produced by the body that naturally increases sleep efficiency.

Lemon Balm Extract – is a natural sedative that soothes and relaxes your mind and body.

Hops Extract – is used as a natural treatment for tenseness & restless sleep.

Beware of energy claims too good to be true

Customers wanting to lower their electric bills may already know advice about insulating their homes and investing in Energy Star appliances. But isn't there a quicker, easier way? What about investing in one of those "magic boxes or cylinders" that promises to slice home electricity costs by up to 50 percent? Here's a heads-up: If a product sounds too good to be true on the energy-savings front, it probably is.

Dangerous (maybe illegal) but effective

A pocket-size, seemingly innocuous item sold online—called the RPU-190—falls into this grouping. Engineers agree that this \$200 piece of copper wire will cut a homeowner's electricity bills in half. The catch is that attorneys and municipal and state authorities nationwide also agree that installing such a device is against the law because it requires tampering with a meter and stealing power from a utility.

"The safety aspect jumped out at me immediately," says Thomas Suggs, vice president of engineering for Middle Tennessee EMC in Murfreesboro. Suggs researched the RPU-190 and was alarmed to find its promotional video featuring a young woman clad in shorts, a T-shirt and lineman's gloves pulling out the meter and inserting the RPU-190 into the meter. That enables the installer to create a circuit that bypasses one of two "legs" of power flowing into a home.

The video failed to warn viewers that power surging through a compromised meter can cause an electrical catastrophe. Furthermore, a short circuit could produce an arc flash bright enough to cause temporary blindness, hot enough to melt metal, and powerful enough to launch fragments of shrapnel-like debris. "With an arc flash, somebody could get hurt or killed," Suggs says.

The video was removed from the Web site after Suggs contacted Electric Hero,

the San Diego company marketing the RPU-190. Also, numerous webmasters removed the product from their Web sites once Suggs alerted them.

His diligence piqued John Ohlhausen's attention in Hondo, Tex. Ohlhausen, manager of engineering services for Medina Electric Cooperative, ordered an RPU-190, just in case co-op members had questions. Ohlhausen describes it as a poorly constructed copper shunt coated with black insulated paint. It offers minimal resistance and no energy storage capability, he continues, adding that poor construction puts its worth between \$15 and \$20.

Nobody at Electric Hero responded to a reporter's recent phone calls and e-mails requesting comment about the RPU-190.

Source: Elizabeth McGowan, an energy journalist in Washington, D.C., who writes articles for the Cooperative Research Network.

Linemen earn college certificates at Nash Community College

Eleven linemen associated with North Carolina's electric cooperatives this spring received certificates for completing course work in Electric Lineman Technology through Nash Community College. The program is offered by the North Carolina Association of Electric Cooperatives at the Nash CC campus and training field in Nash County. Courses include classroom and outdoor training in such skills as overhead line construction, underground line construction and the National Electrical Safety Code.

Students who complete 65 college credits earn an Associate Degree in Electric Lineman Technology. Beyond classes in line work and energy management, courses toward the Associate Degree range from writing and math to critical thinking, computers and communication.

Awarded the Associate Degree were the following linemen:

- Kyle Joseph Greene, Randolph EMC
- William J. Midget, Cape Hatteras Electric
- Joshua R. Otey, Sandhills Utility Services
- Andrew Edward Smith, South River EMC

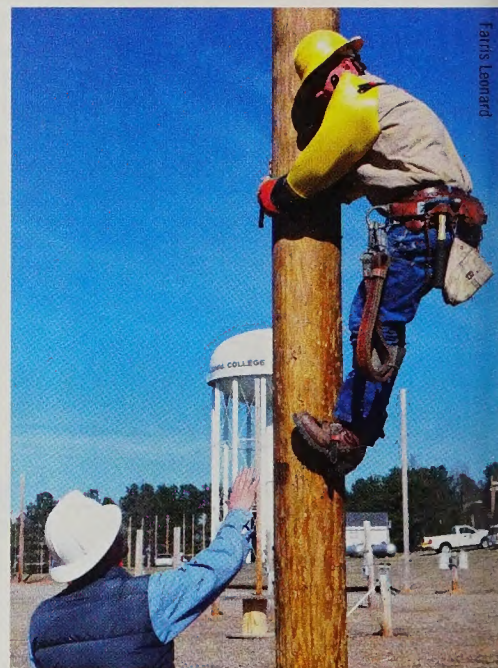
Those awarded the Advanced Certificate were:

- Kevin Dale Hall, South River EMC
- Jason Lassiter, Roanoke Electric
- Clint Riddle, Haywood EMC
- Joseph Eric Sawyers, Surry-Yadkin EMC
- Kenneth Mitchell Simmons II, Pee Dee EMC
- Jamie B. Tingen, Pitt & Greene EMC
- Randy L. White, Surry-Yadkin EMC

These linemen join 72 other co-op linemen in the state who have completed these courses.

Five co-op linemen in recent years earned an Associate Degree in Electric Linemen Technology.

This year, the state's cooperatives plus Sandhills Utility Services (formed by Central EMC, Lumbee River EMC, Pee Dee EMC, and South River EMC to serve Fort Bragg and Pope AFB) sent a combined 321 linemen to job training courses at Nash CC. Attending the community college program—which is supported entirely by the cooperatives—not only equips linemen with skills needed to advance in rank and pay level at their cooperatives, but it also equips them with abilities and



Electric cooperative linemen take part in job training and safety courses at Nash Community College and can earn college credit at the same time.

confidence to pursue other tasks on the job and in their communities.

For more information about the college degree program, contact the North Carolina Association of Electric Cooperatives at (919) 875-3068.

Try This!

Meter Tampering Is Illegal in North Carolina

North Carolina law specifically prohibits altering, tampering with and bypassing electric meters. Persons found guilty are liable for triple the amount of losses and damages to the utility, or \$500, whichever is greater.

Anyone using power from an altered meter violates the same law. The person in whose name the meter is installed, and the persons using the electricity, may be liable.

It's also illegal for an unauthorized person to reconnect a meter after the utility has disconnected it.

It's also illegal to alter or remove a load management device that your utility has installed, unless you've asked the utility in writing to remove it and the utility has not removed it within two working days.

This law also applies to gas and water meters.

These activities do not apply to licensed contractors performing their usual services within recognized standards.

It's all in North Carolina General Statutes, Chapter 14, Subchapter VI, Article 22, Section 14-151.1.



Don't Try This!

Someone tried tapping into the interior house wiring here to rig up a light socket in the attic. Doing this not only violates the National Electrical Code, it also could severely shock anyone who might, say, try to screw a light bulb into the socket. Plus, it creates a fire hazard that could do lots of damage. If you need to add a light socket, get an electrician to install it for you.

Q: I have 20 60-watt recessed lights in my house and am looking into LED bulbs to replace them. The LED supposedly uses 2.5 watts to put out the same light that the 60-watt bulbs do. Would it be worth replacing all 20 bulbs? How long before I recoup my investment? LEDs also supposedly last 100,000 hours compared to the 5,000 hours for the regular bulbs. Do you have any insight?

J. Russell, Morganton

A: Light-emitting diode lighting technology (LED) has certainly gained consumer interest in the past several years because it touts long life and energy savings. Both are true. Current and familiar applications for LED lighting technology that residential consumers may have seen are LED flashlights, lighting under counter kitchen cabinets, and other specialty lighting for commercial buildings such as exit signs and specialty lighting for the entertainment business, like Casino type signage. The key here is that LEDs are most currently cost effective and best suited for "specialty" or niche-type applications. However, they are extremely difficult to justify as a general incandescent lamp replacement in existing homes. Some day that will change as LED production and fixture technology ramp up and prices come down.

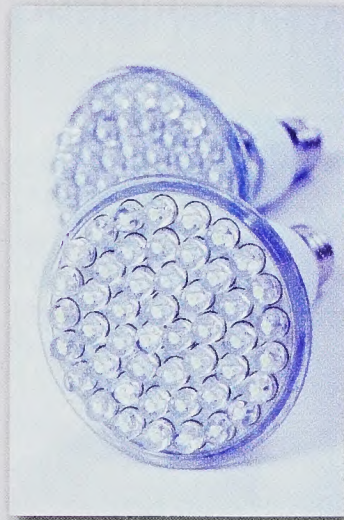
So, for homeowners with multiple types of lighting sockets in their homes, what are the best options for replacing incandescent bulbs and does LED have a part in this equation? Generally, the recommendation for your residential recessed can lights, as well as any other lights containing an incandescent lamp source in your home, is to replace them with an appropriate style CFL (compact fluorescent). CFLs are commercially available, have a long life and a relatively low cost. Because they require less energy to produce an equivalent amount of light (measured in lumens) per watt of electricity, they save energy and money.

LEDs are still hard to justify in terms of cost, unless perhaps they are "on" all the time or in a very hard-to-reach location where prolonging lamp life has value beyond energy savings. Example: A quality, 10-watt LED lamp costs over \$40 (if you could find one), has a 20,000-hour rated life, and provides 320 lumens of light. By comparison, a quality CFL costs around \$8, consumes 16 watts, produces 750 lumens of light and is rated for 10,000 hours (that's almost seven years "on" if the light averages four hours per day, every day). So, in this example, the LED saves seven watts per fixture over the CFL. Over the seven-year life of the CFL, the LED energy savings would be 70 kilowatt-hours greater than the CFL, or \$7.70 at 11 cents per kwh average. The LED would save you a little over \$1 per year per lamp compared to the CFL.

So, it makes sense to consider installing CFLs now, then revisit the LED issue in seven years, when the technology and price likely will have changed.

Rick Schroeder, GreenCo Solutions

GreenCo Solutions, Inc. is a not-for-profit services company owned by North Carolina's electric cooperatives to help its members meet their energy efficiency and renewable energy goals in a comprehensive, balanced and collaborative manner.



Can you help others save energy?

Send your conservation ideas or questions to us:

P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Co-ops discuss cost and consumer protection issues in federal energy and environment proposals

By Andrew Meehan

Major energy legislation has passed its first big test in the U.S. House of Representatives. The Energy Bill, titled the American Energy and Security Act, establishes nationwide mandates on renewable energy and energy efficiency. It also requires reductions in greenhouse gases to combat climate change. The legislation is the biggest, and most costly, federal energy bill in decades.

"Sometimes it seems like no one is looking out for the consumer at the end of the line," said Brad Furr, general manager of Albemarle EMC and board president of the North Carolina Association of Electric Cooperatives. "We must do our part to diversify the fuel supply and reduce consumption, but we also have to show Congress that cost does matter."

Each May, thousands of cooperative board members and staff from across the country gather in Washington, D.C., for the cooperative Legislative Conference. The timing of this year's visit coincided with a meeting of a key House committee—the Energy and Commerce Committee—which was preparing for the first major vote on the Energy Bill. Brad Furr was among the 150 co-op directors and staff members who met with their House Representatives and both Senators from North Carolina. "They got the message that consumers want their cooperatives to be good environmental stewards, but also keep energy affordable," Furr said.

Later in May, the Energy Bill passed the Energy Committee by a vote of 33 to 25. The bill was revised from its original version, which could have raised electric rates 40 percent for cooperative consumers in North Carolina. Projected costs of the legislation have decreased but can continue to be improved. In early June, House Speaker Nancy Pelosi of California placed the bill on a fast track which may have subjected it to further debate in the House chamber by the time Carolina Country is on press. Cooperative leaders hoped to work with House members this summer to add several major consumer protection provisions to gain full cooperative support.

The legislation as passed by the Energy Committee would require electric utilities to meet 20 percent of their electric demand using renewable energy, or by saving an equivalent amount through energy efficiency programs. The bill sets 2020 as the target year for achieving these savings. Currently, about 3 percent of the nation's electricity is generated using renewable energy, excluding hydroelectric plants. Electric cooperatives are urging Congress to lessen the impact of renewable energy mandates by establishing a more reasonable timeline for compliance.

The Energy Bill also mandates nationwide reductions in greenhouse gas emissions, mainly carbon dioxide. Electric power plants and automobiles are the biggest sources of




A delegation from North Carolina's electric cooperatives met with U.S. House and Senate representatives in Washington this spring to discuss major energy and environmental legislation making its way through Congress. Meetings took place with all representatives, including Sen. Richard Burr (top photo), Sen. Kay Hagan (lower left) and Rep. Bob Etheridge (lower right).

carbon dioxide emissions.

To reduce emissions, the legislation would establish a nationwide "cap and trade" program. Under cap and trade, the government would require utilities, industries and other emitters of greenhouse gases to obtain a government issued "allowance" for the right to emit those gases. Each year, the government would make fewer allowances available, therefore reducing overall emissions.

A cap and trade creates a cost for something that is currently free—the right to emit greenhouse gases. When the government auctions those allowances, it generates funds, possibly trillions of dollars, for the national treasury. A cap and trade essentially creates a tax on energy bills. Cooperatives in North Carolina support efforts to reduce greenhouse gas emissions, but say that those efforts must avoid massive cost increases.

Half the electricity used by cooperative consumers in the state already produces zero emissions because it is generated by nuclear power. But cap and trade legislation would create a "carbon cost" for much of the other power used by North Carolina cooperatives.

"Cooperatives will continue working with the North Carolina Congressional delegation as energy legislation advances," said Furr. "It is vital that the state's representatives look out for the consumers in their districts." 

Andrew Meehan is manager of government affairs for the North Carolina Association of Electric Cooperatives.

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Jack Macon remembers summers in Randolph County when teams threshed more than 400 bushels of wheat per day.

By Benny Phillips

It was 1928, and Jack Macon, now 81, remembers that his father, John Thomas Macon, unlike many individuals at the time, was optimistic about America.

"Daddy went to Green Street in Greensboro in '28 and bought a Model C Case tractor," Jack recalled. "It had a four-cylinder engine. You started the engine with gas, and then it ran on kerosene. It was called a 17-27 because it had 17 horsepower at the draw bar and 27 horsepower on the belt. It was a 1927 model."

Mr. Macon also bought a new threshing machine to go with his new tractor. "I don't remember exactly what Daddy paid for the tractor and thresher, but it was \$500 and some dollars. I do know that," Jack said.

Getting the new equipment to the Macon homestead on Little Bean Store Road between Coleridge and Seagrove in Randolph County did not present a problem. Macon simply fired up the engine on the tractor, hooked up the threshing machine and drove the outfit home, a distance of 48 miles.

The tractor had steel wheels, and he ran it on the flat rims. When he arrived home, he bolted cleats on the wheels.

The next year, 1929, the Great Depression began.

"Daddy was too independent to let anything such as a depression slow him down," Jack said. "He threshed wheat

and oats for the public until 1942. There wasn't much money, but he threshed a lot of wheat and oats for a share of the grain. Farmers couldn't pay him money, so they gave him a share of their grain, and he would sell it at the roller mill. He would get about five bushels for every 100 bushels he threshed. If a farmer didn't have enough grain to last him through the winter, Daddy would do his threshing for nothing."

Even so, John Thomas

Macon raised 10 kids on the family's 248-acre farm. He found ways to make money.

"We grew a lot of corn and wheat," Jack said. "We cut our wheat first, and then Daddy would take the equipment and hit the road. He hunted to make extra money. When quail and



turkey season rolled around, all the work stopped. He sold quail for \$1.25 each, and I can't remember what he got for a wild turkey. During the winter months he ran a sawmill with the tractor, and in the spring we planted a big garden. Mother canned everything we grew. We bought sugar, salt and pepper, and that was about all we would get on a trip to town."

Jack's father didn't learn to read and write until he was 21. "But they used to say that when he was 14 or 15 he could look at a tree and tell you exactly how many board feet it would cut."

To operate a threshing machine, Jack remembers that it took at least six workers. "Two or three men would cut the twine around bundles of wheat or oats and would feed the thresher. It took one or two at the back of the machine to keep the straw coming out. It also took two people to take care of the grain coming out. It came out in half bushels, and a counter kept track of how much grain was being threshed."


He figures his Daddy and his crew could average 400 to 450 bushels a day, although he remembers once when they threshed 955 bushels in two days.

Jack has restored some of the equipment his father farmed with and is a fixture with the Southeast Old Threshers Reunion in Denton. He can show you two tanks

on the tractor his father owned. One was for gasoline and the other for kerosene. "When you stopped at night or for lunch, you would cut the kerosene off," Jack said. "When you started up, you would turn the gasoline on to crank the engine. Once the engine heated up, then you would cut the gasoline off and turn on the kerosene."

Steam engines also pulled threshing machines. "The steam engine was fired with wood. You had a water wagon you pulled behind the thresher. You put the water

in square tanks on each side of the tractor and hooked pipes to the engine. You pumped water through the engine and turned it to steam."

Jack lived in High Point for several years and recently retired to his homeplace. 

Benny Phillips for many years wrote a column for Stock Car Racing magazine. His work soon will be published in a book. He lives in High Point.



Photos by Sonny Hedgecock show threshing wheat at the Southeast Old Threshers Reunion, Denton Farm Park and Jack Macon (left).

WHEN THRESHING WAS A COMMUNITY EVENT

Telephones in rural North Carolina were few at the time, so it was by word of mouth that farmers knew almost to the day when the threshing machine would be in their neighborhood. It was a community happening in June, July and sometimes into August, matched only by corn shuckings in autumn.

Threshing machines and their crews traveled from farm to farm, separating wheat and oats grain from the straw.

Wheat and oats harvested by a reaper produced bundles of grain called shocks that people stacked in the field, 15 to 20 shocks in a circle with more stacked on top providing a straw roof. At one time, teams of mules pulled the reapers. Later, tractors—some powered by steam—pulled reapers through fields of grain. Then gas-powered tractors pulled the reapers and finally the self-propelled combine replaced both.

Putting wheat and oats in shocks and leaving them stacked in the field was a means of drying the grain.

Once dried—and wheat usually dried quicker than oats—farmers hauled the shocks to the barn on wagons to await the threshing machine, although there were occasions when the threshing machine operated in the field.

It took a crowd to get the grain threshed. You helped your neighbors, and your neighbors helped you. All the women in the neighborhood came to wherever the threshing was going on and began preparing lunch at the same time the men would go to work. The men stopped at lunch and ate a meal that would compare to anyone's Christmas dinner, then later stretched out under shade trees in the front yard to sleep off their lunch.

Each spring when school ended, I worked summers at my father's homeplace. My two uncles ran the farm, and my grandmother did a lot of the wonderful cooking. My first job after the school year was to clean the inside of the big barn. I had to prepare for shocks of wheat and oats from the fields.

I still remember the smell of the tack room, the neat's-foot oil, and the coiled long-reach reins hanging from wooden pegs on the left wall. The leather punches and brass rivets in jars stayed pigeonholed along the work bench. From the forward wall, a bleached calendar a yard long showed a girl on a hay bale smiling straight at me when I entered the room. I watched through my boyhood years for her shirt's bottom button to pop loose. It never did. Below the young lady it said: 19 Louisville Roller Mill 41.

Then one afternoon the big old tractor pulling the big old threshing machine would come huffing and puffing down the dirt road. All the men with the machine wore red bandannas to keep chaff from going down their shirts. They began to prepare the machine and tractor for the work that would begin the next morning. The man who owned the outfit would go straight behind the barn and make conversation with the mules and horses. The animals seemed to understand. He would give each a lump of sugar. I guess he was a relic from the time when men ranked men by the way they handled animals. The man charged by how many bushels of grain he threshed.

Soon my uncles bought a combine, one of those you pulled with a tractor. The big ones had not come along yet. The threshing machine never returned to our place.

—Benny Phillips

Summer Delights

With fresh fruits and vegetables nearby, here are some of your favorite summer recipes.

Summertime Oreo Ice Cream Pie

- ½ of a half-gallon of vanilla ice cream (I use a large kitchen knife to cut it in half)
- 1 small container whipped topping
- 1 cup Oreo cookie crumbs
- 1 pie shell (Oreo cookie crumb or chocolate cookie crumb)

Let ice cream soften enough so you can stir it in a bowl (I use a large wooden spoon). Stir in whipped topping and Oreo crumbs until well mixed. Put into the pie shell; cover and freeze until firm. To serve cut into 6 or 8 wedges and drizzle with chocolate syrup or ice cream topping.

There can be many variations, for example: add mini M&M's, crunchy peanut butter, chopped Butterfingers, or any combination in place of Oreo crumbs. You can purchase Oreo crumbs usually on the grocer shelf where graham cracker crumbs are found or you can make them by crushing Oreos in the blender.

Barbara Kennedy, Oak Island, Brunswick EMC

Grape Salad

- 1½ cups finely chopped pecans
- 1 stick melted margarine
- ½ cup brown sugar

Mix pecans and margarine together and place on baking pan and toast 15 minutes at 325 degrees. Stir twice and watch closely. Remove nuts from oven and add brown sugar; then cool completely.

- 2 pounds of grapes
- 8 ounces cream cheese, light
- 8 ounces sour cream, light
- ½ cup powdered sugar
- 1 teaspoon vanilla

Wash grapes and dry well. Using a hand mixer, cream together cream cheese, sour cream, powdered sugar and vanilla until blended. Fold in grapes and pour into shallow pan. Sprinkle with toasted nuts. Refrigerate overnight.

Kim Huffman, Lenoir, Blue Ridge EMC



Thanks to everyone who sent in recipes.

You can see more on our Web site at www.carolinacountry.com. Next month we'll publish parents' advice on local

schools. [Deadline was June 15.] For more themes and rules of our "Nothing Could Be Finer" series, see page 16.

Sweet Tomato Jam

- 1 pound plum tomatoes, coarsely crushed
- ½ pound red and/or yellow grape tomatoes, halved
- ½ cup sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon crushed red pepper (optional)

In a saucepan, combine tomatoes, sugar, cinnamon and crushed red pepper. Bring to a boil, stirring often. Reduce heat and cook uncovered over medium-low heat for 35 minutes. Remove from heat and transfer to a bowl and cool. Serve or store in refrigerator for up to 3 days.

Kathy Core, Wake Forest, Wake EMC

Blackberry Cake

- 1 cup butter
- 1½ cups sugar
- 3 cups cake flour
- 4 eggs
- 1 cup blackberry jelly
- 1 teaspoon baking soda
- 1 cup buttermilk

Spices (¼ teaspoon allspice, or ¼ teaspoon ground cloves, or spice of your choice)

Mix and pour batter into 3 or 4 greased and floured cake pans. Bake at 350 degrees until done.

Creamy glazed icing

- 1 cup butter
- 2½ cups sugar
- ¾ cup milk

Mix ingredients together and cook in frying pan slow until creamy. (Do not stir after ingredients have been mixed.)

Every summer my mother would make jelly from freshly picked blackberries and use the jelly in her blackberry cake that she made for church homecomings, various family dinners, etc. We also enjoyed the jelly with her hot homemade biscuits for breakfast. As my mother aged and was no longer able to prepare her blackberry cake, everyone at the dinners would say how much they missed it. My dear mother was 92 when she passed away in February 2008. This is the recipe she used.

Renee T. Blake, Mt. Gilead, Pee Dee EMC

Fool's Pie

Melt 1 stick margarine or butter in a 2-quart casserole dish. Set aside.

Mix together:

- 1 cup flour
- 1 cup sugar
- 1 cup milk

Pour into casserole dish over the butter. Do not stir at any time!

Put strawberries, peaches, apples or fruit of your choice into dish on top of the batter and sprinkle sugar on top as desired. Bake for 30 minutes at 350 degrees.

Betty Bollinger, Stanley, Rutherford EMC

Squash Fritters

- 2 cups grated raw squash
- ½ cup grated onion
- ½ teaspoon salt
- ½ teaspoon sugar (optional)
- 6 tablespoons flour
- 3 tablespoons melted margarine

Mix squash, onion, salt, sugar, flour and margarine together. Blend well. Drop by spoonfuls into hot grease (cooking oil). Brown on both sides.

Ken Davis, Troy, Randolph EMC

Corn Medley

- 2 cups green peas
- 4 cups corn
- 1 small jar pimentos (diced and drained)
- 8 green onions
- 2 chopped celery ribs
- 1 medium chopped green pepper

Combine vegetables in large bowl.

In small container put:

- ½ cup vinegar
- ¼ cup vegetable oil
- ¼ teaspoon pepper
- ½ cup sugar
- 1 teaspoon salt

Whisk until sugar is dissolved. Pour over corn mixture; mix well. Cover and refrigerate overnight or at least 3 hours.

I sometimes add water chestnuts (drained and chopped) or 1 can of kidney beans.

Stella Church, Connelly Springs, Rutherford EMC

Pasta Salad

- 1 box (small) garden rotini pasta, cooked
- 1 cup fat-free ranch dressing
- ½ cup low-fat mayonnaise
- 1 tablespoon prepared mustard
- 1 tablespoon sugar or Splenda
- 1 bell pepper, diced
- 2 medium tomatoes, diced (seeds removed)
- 1 cucumber, finely diced
- 1 cup frozen green peas
- 2 cups cubed smoked turkey (deli-style)

Combine all ingredients (except tomatoes). Toss gently with pasta. Add tomatoes. Chill overnight to allow flavors to develop.

Joyce Owens, Laurinburg, Lumbee River EMC

Our Very Favorite Chicken Barbecue Sauce

- 2 sticks all-sweet margarine
- 1 cup fresh lemon juice (or bottled Real Lemon juice)
- 2 tablespoons Worcestershire sauce (shake well)
- 1 teaspoon salt

Melt ingredients together and start basting when chicken is about halfway cooked. Check often. Continue basting and turning chicken until fork tender and golden brown.

For the chicken it's best to use medium to low heat, covered charcoal fire—not hot fire. Watch and check often. Cook 1 to 1½ hours, depending on size or amount of chicken. Also good on chicken wings. Delicious served hot, cold for picnics or on left-over chicken the next day.

This has been a favorite in our family since 1942. I grew up during the Great Depression and we lived by the slogan: "Use it up, wear it out, make it do, or do without!" I will celebrate my 93rd birthday and have much to be thankful for.

Wilma Barrows, Hamilton, NJ, Central EMC

Strawberry Limeade

- ½ cup sliced strawberries
- ½ cup fresh squeezed lime juice
- 2 cups water
- ¼ cup sugar
- ¾ cup crushed ice

In a pot, bring the sugar and water to a boil. Let it cool. Put the mixture into a jug and then refrigerate for an hour or two. Add the lime juice then the crushed ice and stir. Now gently mix in the sliced strawberries and enjoy!

Andrea Darcy Bailey, Mount Holly, EnergyUnited

Cabbage on the Grill

- 2 heads of cabbage
- 2 strips bacon uncooked
- Water
- Aluminium foil
- Salt
- Pepper

Cut up cabbage as fine as you like. Lay out foil and put cabbage in with 2 strips of bacon on top. Add about ¼ cup water, salt and pepper and seal foil making a closed package. Secure as tightly as you can so water will not leak out. Cook on top rack of grill over medium heat for about 30 minutes. Enjoy!

Shelley Goff, Fayetteville, South River EMC

Peach Cobbler

- 10 cups peeled, sliced peaches
- 2 cups sugar
- 1 cup white corn syrup
- 1 can (6 ounces) frozen orange juice, thawed

Mix ingredients well and put into pint size bags and freeze.

Cobbler:

Melt 1 stick margarine and pour into a 9-by-12-by-2-inch pan. Top with 2 pints frozen peaches—don't stir. Mix 1 cup sugar, 1 cup self-rising flour, 1 cup milk; mix well. Pour over peaches—don't stir. Dot with 3 to 4 tablespoons margarine. Bake at 350 degrees until crust is golden brown.

Mary Hicks, Hickory

send us your best **EARN \$50**

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

September 2009 Stupid Moments in Sports
Send stories and photos of sports moments that did not make you proud. *Deadline: July 15*

October 2009 My Favorite Photo
Send a photo of a North Carolina person or scene.
Deadline: August 15


November 2009 Family Discipline
Your ideas for teaching kids good manners and behavior. *Deadline: September 15*

Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616 E-mail: finer@carolinacountry.com
Online: www.carolinacountry.com

Tomato Zucchini Tart

- 1 refrigerated pie crust
- 2 medium zucchinis, sliced thin
- 2 teaspoons olive or canola oil
- 3 medium plum tomatoes, or 2 large tomatoes
- ¼ teaspoon dried tarragon (or ½ teaspoon fresh)
- ¼ cup fresh basil, chopped small
- 2 large eggs
- ½ cup ricotta cheese
- 2 tablespoons mayonnaise
- Salt and pepper to taste

Fit pie crust into a 9-inch tart pan, trim excess. Use a fork to prick bottom and sides of crust. Bake crust at 450 degrees for 10 minutes, or until lightly browned. Let cool. Sauté the zucchini in hot oil over medium heat until tender, 3–4 minutes. Lay the zucchini slices neatly in the bottom of the pie crust, then arrange the sliced tomatoes on top of the zucchini. Stir together the herbs, spices, cheese, eggs and mayonnaise. Spread carefully over the tomatoes and zucchini. Bake at 425 degrees until the eggs are set, about 25 minutes. 

Lisa Cassano, Waxhaw, Union Power



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Horse lovers have plenty
of travel options in N.C.

Hay, do you have horse, will travel?

Or is it you don't have horses but love to ride and love to travel? Either way, horse lovers have intriguing travel options in North Carolina. Here are a few:

Love Valley

Pardners ride horses downtown in this unique, western-themed town about 17 miles northwest of Statesville. Folks can board their horses or rent 'em at Love Valley, which boasts a saloon, general store, wooden sidewalks, hitching posts and rodeos. Located in the Brushy Mountains of Iredell County, the rustic town's creation in 1954 marked the fulfillment of a dream for its founder, Andy Barker, who wanted to be a cowboy. Barker's Christian-oriented, utopian vision continues to delight visitors today.

Paul Dishman, board chairman of the Love Valley Horseman's Association, lives in Eden but has been driving roughly 110 miles one way to Love Valley for more than 20 years. Although most businesses there are only open Friday through Sunday, he points out one of the great things about Love Valley is you can ride horses there 24 hours a day, seven days a week. Dishman is organizing the trail ride for July 4 and other public events in July are planned. Love Valley accommodations range from campgrounds to rooms at Miss Kitty's. Phone numbers vary by activity—you can call Love Valley Riding Stables and Country Store at (704) 592-2132 or if no answer, try (919) 963-3776. There's an events calendar with phone numbers on www.lovevalley.com.

Yeeee Haaww! Guest ranches

Clear Creek Ranch, nestled within the Smoky Mountains outside Burnsville, has a string of horses ready for riding. Surrounded by Pisgah National Forest with views of the Black Mountains, this ranch rustles up family-style meals

and activities such as horsedrawn carriage rides and line dancing. (800) 651-4510 or www.clearcreekranch.com.

Cataloochee Ranch in Maggie Valley offers horseback riding, including pack trips, three homecooked meals daily, rooms and cabins and more amid mile-high vistas. It has facilities

for conferences, and its land adjoins Great Smoky Mountains National Park. (800) 868-1401 or www.cataloocheeranch.com.

Pisgah View Ranch

Located 16 miles from Asheville in Candler, this homey ranch offers horseback riding, wilderness rides, campfires, a swimming pool, fishing pond, accommodations in cottages and cabins and three, hearty home-style meals daily. (866) 252-8361 or www.pisgahviewranch.net.




Cataloochee Ranch in Maggie Valley offers horseback riding, including pack trips, three homecooked meals daily, rooms and cabins and more amid mile-high vistas.

B&Bs that'll board your steed

They include **Pilot Knob Inn Bed & Breakfast** in Pinnacle, roughly 20 minutes from Winston-Salem. Sitting in a wooded landscape on the eastern slope of Pilot Mountain, the trails of Pilot Mountain and Sauratown Mountain run through its property. Accommodations include tobacco barn-style cabins and honeymoon suites with hot tubs, whirlpools, jacuzzis and fireplaces. If you want to rent horses, there is at least one stable nearby. (336) 325-2502 or www.pilotknobinn.com.

Close by, **Scenic Overlook Bed & Breakfast** is also in Pinnacle and adjoins Pilot Mountain State Park. It offers suites with whirlpool tubs and fireplaces and a view of its lake and Pilot Mountain. (336) 368-9591 or www.scenicoverlook.com.

Carambola Inn is an 85-acre working farm south of Raleigh in Fuquay-Varina (pronounced few-kway vah-REE-na). Its acreage, as well as the 70-acre adjacent farm, offers trails for hiking, biking, and horseback riding. A riding academy is down the street. (919) 552-3091 or www.bbonline.com/nc/carambola/index.html. 

Editor's note: Places that offer horseback riding tend to operate spring through fall. Check on a destination's schedule as you make plans.

—Karen Olson House

New employees of KobeWieland build teamwork skills by helping one another through the obstacle course in Alleghany County.

Does your team need help trusting one another?

TRY CLIMBING ROPES & WALLS

By Elizabeth Courtney Price



Last spring, when KobeWieland Copper Products in Stokes County wanted new employees to learn about teamwork, the copper tubing manufacturer sent 12 of them to climb ropes and walls and maneuver through other obstacles in the Alleghany County woods. The idea was to teach the apprentices that “there is no ‘I’ in team,” as well as some useful communication skills, trust and camaraderie. Climbing ropes and running an obstacle course outdoors must have worked. The KobeWieland is thinking of sending all 540 of its employees, says Glenn Wing, who designed and built the course in Sparta.


An outdoor enthusiast with a degree in education, Glenn Wing points out that while people agree that teamwork, trust and cooperation are important aspects of everyday life, many are uncomfortable relying on or working with others. His ropes course in Alleghany County aims to fix this problem. The course consists of a series of 15 obstacles, or “elements,” that each require group communication and cooperation to complete. A second phase with 10 more elements will be added this summer.

“Every person on this planet has had or will have a relationship with someone else,” Wing says. “And it’s via those relationships that each one of us becomes who we are as an individual.”

Wing began the project in 2001, when he was in the after-school program working with at-risk students at Sparta Elementary School. There he met the late Jean Sparks, the director of the after-school program. She encouraged him to pursue the idea of a challenge course. The late John Woodruff, who was school superintendent and a board member at Blue Ridge Electric Membership Corporation, also introduced him to people who helped make the project happen. Among the many local organizations and businesses that have contributed are Blue Ridge Electric and Skyline Membership Corporation, who donated the utility poles that form the course’s basic framework.

“This challenge course is coming together because of the support we have received from people like Joe Ward and his crews,” he says. Joe Ward is District and Operations Manager of Blue Ridge Electric’s Alleghany District.

From the after-school program the ropes course spread to the middle and high schools for at-risk students and certain physical education classes. This fall, the challenge course will take on an internship for high school seniors. It currently operates under the auspices of Alleghany County in a park near Alleghany High School.

Organizations throughout Alleghany County and surrounding communities have used the course, including the school system, the Alleghany Wellness Center, several churches, Boy Scouts and Girl Scouts and even the local courts. Wing adds that the county probation department has a community service program that sends individuals who have committed minor violations—DWI, vandalism, or disorderly public behavior—to learn about teamwork, communication with others and trust. 

Elizabeth Courtney Price is a journalism student at UNC-Chapel Hill.

For more information about the course and fees for using it, contact the Sparta Parks & Recreation at (336) 372-2942 or Glenn Wing at (336) 372-6055.



The Randonneurs of Carolina Country

Text and photography by Charles Lathe

The quiet country roads of Carolina country have been the playgrounds of the North Carolina Randonneurs every month of the year since 1983, but they are especially popular during the warm spring and summer months. So don't be surprised to see us wave as we pass by your yard early in the morning, late in the afternoon, or well into the night on Saturdays all summer long. We are out riding our brevets and seeing the countryside.

"What is a randonneur and what is a brevet?" you ask.

Randonneurs are bicycle riders who like long rides with time limits and no outside support. We call these rides brevets. These are French words because randonneuring got its start in France about 100 years ago, when bicycles were still new and marvelous machines that allowed average men and women to cover vast distances during the weekend for the first time in history. France is still the center of the randonneuring universe, and all the records of all the brevets and all the randonneurs who ride them are still recorded in Paris at the end of each year. And every four years, hundreds and hundreds, now thousands, of randonneurs from all over the world travel to France to ride from Paris to Brest and back to Paris. That's 1,200 kilometers (750 miles) and there is a 90-hour time limit for finishing.

What we are doing on our brevets in Carolina country is qualifying for that Grand Randonnée in France, because to ride that Paris-Brest-Paris randonnée, you must first complete a series that includes 200, 300, 400 and 600 kilometer brevets. That's 125, 185, 250 and 375 miles with 13 hours allowed for the first brevet, 40 hours for last one, and 20

and 27 hours allowed for the middle distances. There are also flèches and darts, which are team rides with some very arcane rules.

We are a happy lot of bicycle riders for the most part, and since there are no winners and losers, only finishers and non-finishers, it is often a group effort to see that all complete the course within the time limit. It is a diverse group, though, with different styles of bicycles and different plans for success. Some riders try as hard as they can to finish, almost always unsuccessfully, in half the allotted time, while others stop often, eat sit-down meals and try to time their finishes as close to the limit as they can, insisting that they might as well enjoy the ride for as long as possible.

So you might see randonneurs in a fast pacyline, a group of riders chatting and taking photos, or off by themselves, pedaling along and wondering if they are still on course. You will find us at convenience stores along the route, buying our fuel inside instead of at the pumps, and getting our brevet cards signed to show that we were indeed where we were supposed to be during the time interval we were supposed to be there. If you do see us, please say hello. We love to see your expressions when you hear that we've ridden our bicycles 200 miles since breakfast and still have 50 to go before bed. 🇺🇸

Charles Lathe and his wife live in Franklinville and are members of Randolph EMC.

To find out more about randonneuring in Carolina country
www.ncbikeclub.org/randonneuring




YESTERDAY'S OUTER BANKS

Once roads and bridges came to Dare County's Outer Banks beginning in the 1930s, the beaches there opened up to a new wave of tourists. Especially after World War II, anyone with an automobile and sense of adventure could make it to the Outer Banks. Entrepreneurs both foreign and domestic catered to this mobile crowd by establishing hotels, rental cottages, restaurants, bait shops, fishing and hunting excursions, and the usual roadside attractions and tourist traps.

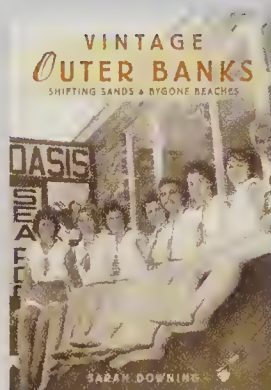
A new book of more than 120 pictures shows the proprietors, their businesses and the tourists who visited them. In "Vintage Outer Banks: Shifting Sands & Bygone Beaches," Sarah Downing assembled images of some of the better-known beach hotels, restaurants and assorted hangouts, along with the moods of their patrons and staffs, to exhibit summer life at these Outer Banks from the 1940s through the 1960s with glimpses of a few as they faded away into the 1980s.

Sarah Downing is assistant curator at the Outer Banks History Center in Manteo, a regional archives and research library, that turned 20 years old this year, administered by the North Carolina State Archives. Many of the photographs came from the history center, which was first established with the huge collection of materials donated by the late Outer Banks historian and writer David Stick. Included are

pictures by legendary local photographers Aycock Brown, Roger P. Meekins and Drew Wilson, whose work played a major role in attracting people to the Outer Banks.

The pictures are accompanied by narratives and anecdotes on each establishment ranging from the Nags Head Casino to Mann's Recreation Center, from The Croatan Inn to Dowdy's Amusement Park. 

Photos show a bathing beauty at the Nags Header Hotel, an aerial view of the Jockey Ridge Restaurant and a young lady placing a coin on the ceiling there in the 1950s, and the Sir Walter Raleigh statue in Manteo, 1978. None of the places remain today.



The book is available from bookstores or the publisher.

"Vintage Outer Banks"
128 pages, 7x10, softcover,
\$19.99

The History Press
18 Percy St
Charleston, SC 29403
(843) 577-5971

www.historypress.net

Von Plott, a fifth-generation Plott hound breeder, with his Plott hounds.

The Plott Hound

NORTH CAROLINA'S STATE DOG

By Leslie Johnson


The Plott hound, North Carolina's state dog, finds its roots in Haywood County and has long been a part of North Carolina's sporting heritage. Known for being courageous and extremely loyal, the Plott hound is the only breed of dog known to have originated in North Carolina and one of only four breeds known to be of American origin.

The Plott family immigrated to the United States from Germany in the 1700s. Jonathon George Plott came to Cabarrus County around 1750 with his dogs, three striped and two yellow hounds. When Jonathon became too old to hunt, he gave his hounds to his son, Henry. Henry moved to Haywood County and began breeding the dogs later known as a Plott hound. Henry had two sons himself, John and Amos. John is best known for following in his father's footsteps of breeding Plott hounds, while Amos' legacy lies in training the Plott hounds as big-game hunters. The Plott hound breeding

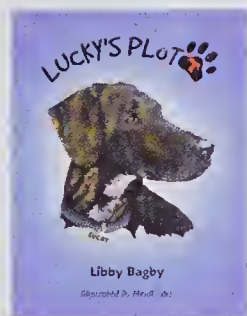
program continued in the following generations of the Plott family.

The North Carolina General Assembly in 1989 officially adopted the Plott hound as the state dog. The breed is still used in North Carolina for big-game hunting and is known to be one of the best wild boar hunting breeds around. Plott hounds are known for their superior treeing instincts and for being courageous fighters.

A Plott hound weighs between 40 and 60 pounds and has a smooth

brindle coat. The dog is distantly related to breeds of European foxhounds and bloodhounds, and looks similar to other American coonhounds. The breed is eager to please and is a fearless hunter, which is one of the reasons the dog is a long-time favorite of North Carolina hunters. 

Leslie Johnson, an intern with the North Carolina Association of Electric Cooperatives, graduated this spring from N.C. State University with a degree in communication.



Her mission is to teach others about the state dog

Libby Bagby, a native North Carolinian, has spent years researching the breed and has made it her mission to spread the word about North Carolina's state dog. Libby has written a children's book, "Lucky's Plott," which is about a Plott hound. She speaks at North Carolina schools, libraries and conferences about the state breed. "Lucky's Plott" tells the story of a raccoon hunt from a Plott hound's perspective and portrays historical details of the breed and North Carolina's hunting tradition. On Libby's Web site, www.luckysplott.com, visitors can learn more about the state

breed, arrange for a presentation and find out how to purchase the book (\$25 for the book, \$35 for the book and audio CD, shipping included).



Fine Art by Ashley Fetner

Ashley Fetner, a fine art portrait and landscape photographer in Asheville, sells prints and note cards of his work. His prints are available on canvas or high quality photographic papers. Fetner, who is a member of Randolph EMC, creates commissioned portraits, including bridal and family portraits, at the studio or on location. His note card gallery includes a set of three North Carolina note cards available with envelopes, showing Joyce Kilmer National Forest from the western area; Country Store, from the Piedmont area; and Sunset Beach Path from the coastal area of the state. They are 5½-by-8½ inches, printed on fine art paper. The set is \$27, which includes tax and shipping.

(336) 629-4088

www.ashleyfetnerportraits.com

on the bookshelf

The Armchair Birder

While birding literature is filled with tales of expert observers spotting rare species in exotic locales, this new book reminds us that the most fascinating birds can be the ones perched outside our windows. In 35 engaging essays, author John Yow reveals the lives of birds you regularly see. Following the seasons, Yow covers 42 species, from the Carolina wren that rings in the springtime to the sandhill crane croaking high overhead at winter's end. The humorous essays, which weave Yow's accounts with experiences of other bird writers such as John James Audubon, explore the improbable and comical aspects of the birds' lives—from the philandering of the ruby-throated hummingbird to the occasional dipsomania of the cedar waxwing. Yow lives in Acworth, Ga. "The Armchair Birder: Discovering the Secret Lives of Familiar Birds" is published by The University of North Carolina Press in Chapel Hill. Hardcover, 264 pages, \$25.

(800) 848-6224

www.uncpress.unc.edu

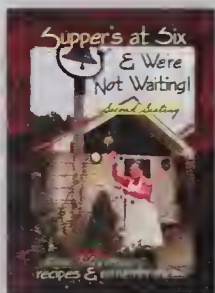


Supper's at Six & We're Not Waiting!

This cookbook by Evva Foltz Hanes is a compilation of trusted favorites from her 1998 cookbook with new dishes that have received hearty approval from friends and family. Hanes is the founder of Moravian Sugar Crisp Co., which makes hand-made Moravian cookies and is based in Clemmons. From appetizers to desserts, Hanes blends and mixes in numerous recipes with custom menus for guests, crowds and special occasions. "Supper's at Six & We're Not Waiting! Recipes & Remembrances" is published by Evva Publishing House in Clemmons. Hardcover, 355 pages, \$20.

(888) 764-1402

www.hanescookies.com

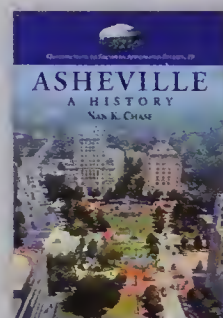


Asheville: A History

Asheville, a vibrant and culturally diverse city drawing more folks each year, has a colorful history. Once a hamlet for local livestock handlers, it enjoyed a quick rise to prosperity in the late 19th century under the influence of wealthy benefactors such as George W. Vanderbilt. A devastating downturn during the Great Depression was followed by slow economic revitalization up until the late 1970s. In the 1990s, Asheville entered a boom time that re-established the city as a popular retreat for artists, tourists and retirees. This comprehensive new book by Nan Chase documents its history in organized, interesting detail and includes an array of historical photographs. Multiple appendices reveal lesser-known aspects of Asheville's unique history and culture, including new looks at pivotal downtown projects and buildings by important architects. Chase lives in Asheville. Softcover, 291 pages, \$35.

(800) 253-2187

www.mcfarlandpub.com

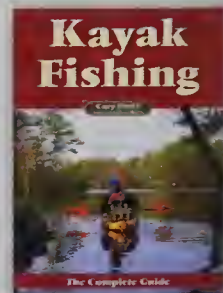


Kayak Fishing: The Complete Guide

This guide provides essential information to get started on the growing sport of kayak fishing. Author and angling expert Cory Routh provides a step-by-step approach to selecting the right kayak, unloading and loading the kayak and making the most of time on the water. He covers safety, seasonal kayak fishing, transporting kayaks, freshwater and salt-water fishing and fly fishing as well as reveals his favorite fishing locations in several states. A list of resources includes kayak fishing tournaments, organizations and manufacturers. Routh lives in Virginia Beach, Va., and owns Ruthless Fishing, Inc. "Kayak Fishing: The Complete Guide" is published by No Nonsense Fly Fishing Guidebooks in Tucson, Ariz. Softcover, 160 pages, \$24.95.

(520) 547-2462

www.nononsenseguides.com





Seagrove Candle Company

Based in Pinehurst, with a retail store in neighboring Southern Pines, the Seagrove Candle Company handcrafts aromatic, clean-burning candles in more than 50 fragrances, ranging from fruity, herbal and botanical scents to aromas that smell like high-calorie desserts. With a burn time of 55 hours, the 12-ounce Original Collection candles are simply styled and come in pleasing colors. The company's Web site offers Original Collection candles for \$10 each. With a burn time of 25 hours, the company's 6-ounce Traveler Collection candles are designed for easy portability and to freshen a hotel room. The Traveler Collection candles are available for \$6 each. New products include shea butter-based, luxury soaps in 2.75-ounce bars, priced at \$2.50 each.

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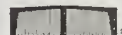
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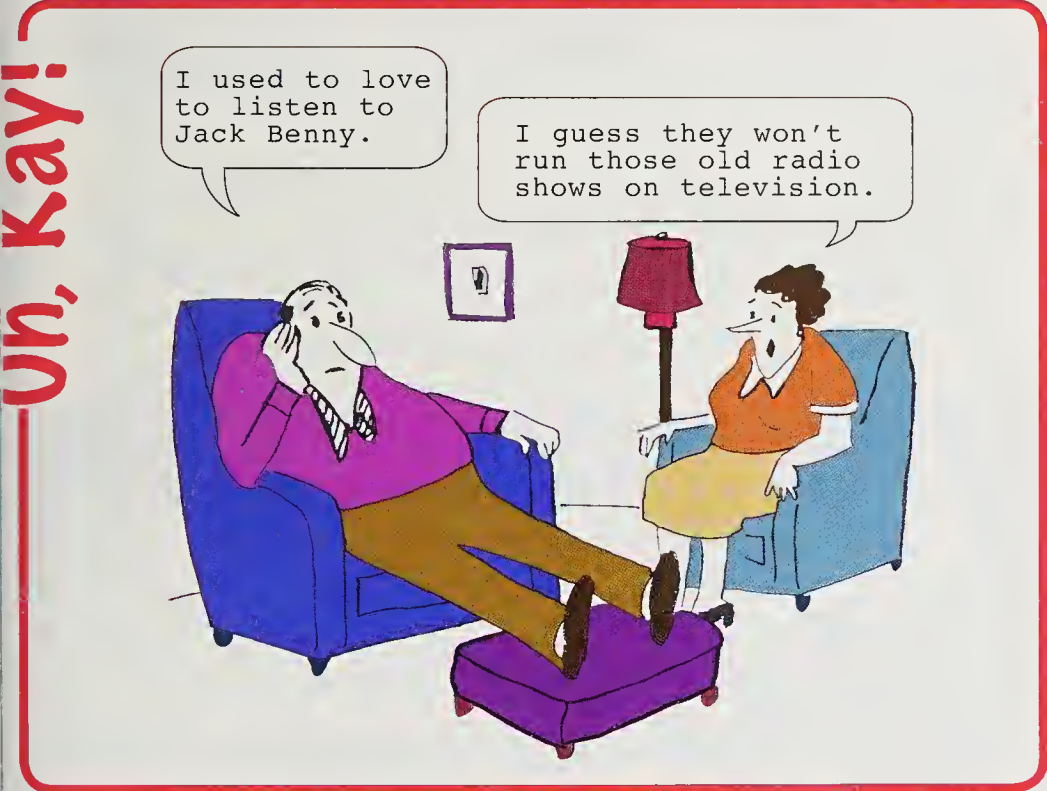
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"TOLERANCE ENDS" Motorists approaching Hillsborough on Highway 86 are confronted with this Highway Department sign. I wonder how many passers-by know what it means. I'm one who doesn't. I thought of Dante's supposed inscription at the entrance to hell: "Abandon hope, all ye who enter here," but that's a wild guess, and one I don't think the Hillsborough Chamber of Commerce would approve of.

I tried to ask both the Highway Department and the Orange County Sheriff's Department for an explanation but, unfortunately, I tried on a Saturday morning and the tapes I got couldn't answer my question. When I call again I hope whoever answers will be tolerant of my ignorance.



LIGHT VERSE

"I think that I shall never see
a poem lovely as a tree..."

The poet wrote, and having writ,
they felled a tree and printed it.

-cgj

digit DETECTION

A	V	E	R	Y
9	9	9	9	9
8	8	8	8	8
7	7	7	7	7
6	6	6	6	6
5	5	5	5	5
4	4	4	4	4
3	3	3	3	3
2	2	2	2	2
1	1	1	1	1
X	X	X	X	X

Given these simultaneous equations, can you find the value of AVERY County? Use the grid to eliminate impossibilities.

$(AV)^2 = ERY$

The square of the two-digit number AV is the three-digit number ERY.

$A = E - R$ $V = Y + Y$ $E = A + R$
 $R = A + A$ $Y = R + R$

UNSCRAMBLIT

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_____ edc _____ bmlesrc _____ lesab
is due to its
ability to stick
to one thing until
it gets where it's
going."

—Cy Nical

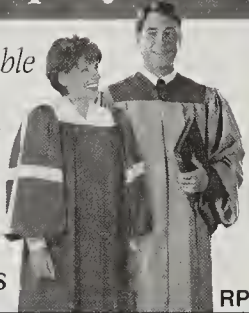
Use the capital letters in the code clue below to fill in the blanks above.

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Composting with worms

You might not think of an earthworm as a likely kitchen helper, but many people use these creatures to turn table scraps into rich, organic fertilizer. Vermicomposting (taken from the Latin *vermi* for worm) is accomplished with the aid of the species known as the red wiggler, red worm, fishing worm or brandling worm. Unlike the common earthworm or night crawler, which is a burrowing soil-dweller, red wigglers prefer to feed on decaying surface vegetation and manure (thus their other nickname, “manure worms”). The waste product (worm poop), called “castings,” is a high-quality fertilizer that can be safely applied to garden vegetables and flowers.

A small bag of worm castings can cost upward of \$5 on retail shelves, but you can easily make your own by constructing a worm habitat out of a plastic storage tote with lid. A 16-gallon container is an ample size; choose a dark-colored, non-transparent one. Drill holes in sides, lid and bottom for aeration and drainage. Prepare bedding for the worms—a mixture of dampened, shredded paper and moist, rotting leaves works well—enough to fill about two-thirds of the bin. The bedding should be kept about as wet as a well-moistened sponge. Regularly add small amounts of organic waste like vegetable/fruit scraps, coffee grounds, teabags and eggshells (no meat, dairy or greasy food), burying it near the bottom of the container. One pound of worms can process about 3½ pounds of food per week. Technically, the worms don’t eat the food but rather the microorganisms that are decomposing it; nonetheless, all the material, bedding included, will eventually be converted to compost. Worm bins must be protected from extreme heat or cold (temperatures between 55 F to 77 F are optimal), so a kitchen, utility room or garage is a good home. Properly maintained, the bins won’t become smelly or unsanitary. To find commercial sources of red wigglers (remember that garden worms won’t survive in your containers) and advice and instructions for becoming a successful worm farmer, visit <http://www.bae.ncsu.edu/topic/vermicomposting/vermiculture>.

Lovely lavender

Lavender is an attractive, wonderfully aromatic, evergreen herb that is easy to grow, in the right spot. The major key to success is choosing a planting site with infertile to moderately fertile, loose, well-drained soils. For the fullest shape and best flowering, a full sun location is necessary. The classic English lavender (*Lavandula angustifolia*), with its narrow, gray-green leaves and spiky pale-purple flowers, is perhaps the most familiar species. This variety is commonly used in sachets and dried bouquets. Spanish lavender (*L. stoechas*) has similar foliage, but its flowers are shaped like little pineapples. The flowers of French lavender (*L. dentata*)



Spanish lavenders in the Ooh La Lavender™ series grow 18–26 inches tall. Prune back to 8 inches in spring every three years.

resemble *L. stoechas*, but the plant’s leaves are serrated. Depending on the species and variety, lavender blooms from early spring through summer, and blossoms may be pink, purple, white and even yellow. Lavenders are great for edging pathways or creating low hedges. A typical size is about 2 feet tall by 3 feet wide. Slopes and rock gardens provide excellent drainage conditions. In alternate locations, it may be helpful to prepare the site by mounding soil and adding some sand or gravel.

Slime mold

A reader recently wrote to ask about the identity of a “foamy yellow substance” that appeared on top of some mulched areas in a shrub border. Slime molds (*Fuligo septica*) have mystified many a gardener, popping up suddenly and often forming large patches. The fungus-like organism, sometimes called “dog vomit slime mold,” dries to form a yellow or orange crusty material. Slime molds are benign and usually short-lived. They can be raked up or dispersed with a spray of water.

Hort Shorts

- ▶ Add a few drops of dishwashing liquid to your watering can when watering overly dry plants in outdoor containers. The soap will act as a wetting agent to better moisten the soil.
- ▶ Trim back petunias, begonias and impatiens when they become leggy. This will reshape them and encourage new blooms.
- ▶ Wear long pants, long-sleeved shirt, gloves and boots when working in or around poison ivy. Afterward, wipe boots (and other unwashables) thoroughly with rubbing alcohol and launder all clothing. ☹



Carla Burgess can be reached at ncgardenshare@mindspring.com. For more gardening advice, go to the “Carolina Gardens” section of www.carolinacountry.com.

July Events



Melissa Manchester performs at An Appalachian Summer on July 2. Co-sponsored by Blue Ridge Electric, this series of music, dance, visual arts, theater and film has attracted thousands to Boone since 1984. The series runs through July 27. For schedule and ticket information: www.appsummer.org

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www.flatrockplayhouse.org

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www.kingsmountainmuseum.org

Dixie & Linda Browning

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July 6–Aug. 31 (Monday nights),
Hendersonville
(828) 693-9708
www.historichendersonville.org

Summer Theatre Camp

July 13–17 & 20 through Aug. 7,
New Bern
(252) 649-0106
www.downtowndancestudio.com

Roanoke Island Summer Arts

Children's events, art, concerts
Roanoke Island, through July
www.roanokeisland.com

"Joseph, the Dreamer"

July 14 through Aug. 15, Washington
(252) 482-4621
www.rockyhockplayhouse.com

An Appalachian Summer

Summer arts series
Through July 25,
Appalachian State University
Boone
www.appsummer.org

Folkmoor USA

July 16–26, Waynesville &
Maggie Valley
(828) 452-2997
www.folkmoorusa.org

"Bye Bye Birdie"

July 17–Aug. 2, Blowing Rock
(828) 295-9627
www.blowingrock.com

"Seven Brides for Seven Brothers"

July 22–Aug. 16, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

American Quilt Classics

July 25 through Feb. 2010, Charlotte
(704) 337-2000
www.mintmuseum.org

"Heroes of Horticulture"

Photography exhibit
July 31 through Sept. 27,
Winston Salem
(336) 758-5580
www.reynoldahouse.org

Eastern Music Festival

Through Aug. 1, Greensboro
(336) 333-7450
www.easternmusicfestival.org

The Lost Colony presents

"Charlotte's Web"
Through Aug. 13, Manteo
(252) 473-2127
www.thelostcolony.org

"Horn in the West"

Through Aug. 15, Boone
(828) 264-2120
www.horninthewest.com

Music on Main Street

Through Aug. 28 (Fridays),
Hendersonville
(800) 828-4244
www.historichendersonville.org

"Unto These Hills"

Through Aug. 29, Cherokee
(800) 438-1601
www.cherokee-nc.com

Dan Finch & Finch Studio Potters

Through August, Seagrove
(336) 873-8430
www.ncpotterycenter.com

Junior Sailing Program

Through August
(252) 728-7317
www.ncmaritimemuseum.org

Summer Science School for Children

Coastal environment, maritime history
Through August
(252) 728-7317
www.ncmaritimemuseum.org

Barbie—50 & Fabulous

Celebrating the famous fashion doll
Through Sept. 15, High Point
(336) 885-3655
www.dollandminiaturemuseum.org

Fresh Local Art & Produce

Through Sept. 29, Lake Lure
(828) 245-1492

Foothills Farmers' Market

Through Oct. 24, Shelby
(704) 482-4365
www.foothillsfarmersmarket.com

Farmers Market

Through Oct. 31, Wake Forest
(919) 556-2634
www.wakeforestmarket.org

Bob Troutman

Exhibition examines
corporate workplace
Through Nov. 14, Charlotte
(704) 337-2009
www.mintmuseum.org

A Thousand Words:

Photographs by Vietnam Veterans
Through Nov. 15, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Art Everywhere,

Everyday, for Everyone

"Charlie Brouwer"
Sculpture Exhibition
Through Nov., Wilmington
(910) 619-9296
www.pedestrianart.com

Poplar Grove Farmers Market

Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

"Inside Africa"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

"Stars of the Pharaohs"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

1

"Moonshine and Thunder: The Junior Johnson Story"

Through July 3, North Wilkesboro
(336) 838-7529
www.wilkesplaymakers.com

39th Southeast Old Threshers' Reunion

June 30–July 4, Denton Farm Park
(800) 458-2755
www.threshers.com

Alex and the Kaleidoscope Band

Children's Performance Series
Through July 3, Roanoke Island
(252) 475-1500
www.roanokeisland.com

Wagon Train Rides

June 27 through July 4, Andrews
(828) 321-2376
www.cherokee-county-chamber.com

Used Book Sale

July 1-4, Brevard
(828) 877-6192
www.aauwbrevardnc.org

2

History Corner: Honest Abe

NC History Museum, Raleigh
(919) 807-7992
www.ncmuseumofhistory.org

Freedom Bike Fest

July 2-5, Fayetteville
(910) 483-5311
www.freedombikefest.com

3

Fourth of July Centennial Celebration

Wake Forest
(919) 554-4654
www.wakeforestnc.gov

Pleasure Island Fireworks

Carolina Beach
(910) 458-8434
www.carolinabeachgetaway.com

Christmas in July Festival

July 3-4, West Jefferson
(336) 846-9196
www.visitwestjefferson.org

Junior SRA Rodeo

July 3-4, Love Valley
(704) 539-4423
www.lovevalley.com

4

Trail Ride

Love Valley
(336) 613-6993
www.lovevalley.com

Children's Parade

Wake Forest
(919) 554-4654
www.wakeforestnc.gov

Operation Celebrate Freedom

Fort Bragg
(910) 483-5311
www.fortbraggmwr.com

Hope Mills July 4th Celebration

Fayetteville
(910) 483-5311

Fourth of July Celebration

Joel Lane Museum House, Raleigh
(919) 833-3431
www.joellane.org

Independence Day Celebration

Kerr Lake
(252) 438-2222
www.kerrlake-nc.com

Fourth of July Celebration

Ocracoke
(252) 926-9171
www.ocracokevillage.com

Tweetsie's Fireworks Extravaganza

Blowing Rock
(800) 526-5740
www.tweetsie.com

Fun Day & Fireworks

Franklin
(828) 524-3161

Riverfront Celebration/Battleship Blast

Wilmington
(910) 251-5797
www.battleshipnc.com

CAROLINA COUNTRY adventures

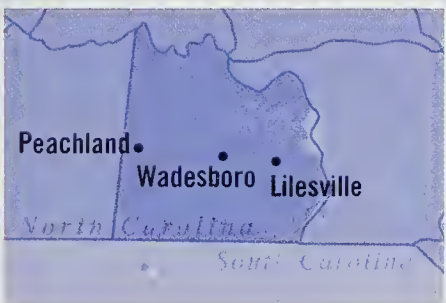
Olde Mill Gallery & Studios



Olde Mill Gallery is in a converted Wadesboro textile mill and features work from nearly four dozen regional artisans.

Anson County

Pee Dee EMC territory



Learn of other nearby adventures and events:

(704) 694-4181
www.discoveranson.com

Vintage homesteads, country churches and grazing cattle grace gently rolling hills here. This largely rural county's main hub is Wadesboro (pop. around 7,000), which has a storied business district. Architecture here includes Italianate, Victorian, Colonial Revival and Craftsman Bungalow styles. Anson County is blessed with talented, innovative artists and Uptown Wadesboro, as it's called, has shops with handcrafted items, pottery and handmade jewelry as well as antique stores, old-fashioned hardware stores and a B&B, with another B&B minutes away. A favorite stop is Soowett Treats, with its 1950s soda shop ambience and snacks like coconut balls and lemon squares. While visiting, swing by the Boggan-Hammond House, built in 1783. Other museums include the Ashe-Covington Medical Museum and Wadesboro High School Museum. Over in Peachland, there's Shadow Ridge, a working farm that raises miniature Mediterranean donkeys and sells unique gifts (visits by appointment). You can go crazy mulling pretty plant choices at Crazy Ladies Greenhouses in Morven. Or simply head to Blewett Falls Lake, on the Yadkin Pee Dee River near Lilesville. Catfish, large-mouth bass, bream and crappie are just waiting to munch your fishing line.

Three top spots:

Rotary Planetarium and Science Center: Highlights at this Wadesboro center include presentations showing Chinese mythology and biological cells, along with several NASA exhibits. Visitors can also observe live beasts such as "Ceasar" the python, view more than 50 mounted animals and explore a new tree exhibit. (704) 694-7016 or www.discoveranson.com.

Olde Mill Gallery and Studios: Formed to stimulate heritage tourism and housed in a converted textile mill, the grant-funded Olde Mill in Wadesboro sells a wealth of paintings, sculpture, jewelry, pottery, glassware and more. Open to the public weekdays and other times are available by appointment. (704) 272-5457 or www.oldemillgallery.org. To shop Olde Mill online, visit www.ebizanson.org.

Pee Dee National Wildlife Refuge: Established in 1963, the refuge is seven miles north of Wadesboro and its more than 8,000 acres support a wide range of species. Fishing and hunting in season is allowed and there are hiking trails and an interpretative drive. (704) 694-4424 or www.fws.gov/peedee.

Roasting of the Hog & Fireworks

Beech Mountain
(800) 468-5506
www.beechmtn.com

Art & Craft Show

July 4–5, Cullowhee
(828) 524-3405
www.mountainartisans.net

6

Summer Blues Festival

Blowing Rock
(828) 295-9627
www.blowingrock.com

7

Kinobe Concert

Soul Beat Africa
July 7, 9, 10, Roanoke Island
(252) 475-1500
www.roanokeisland.com

Time for Tots: Stars & Stripes

NC Museum of History
July 7 & 14, Raleigh
(919) 807-7992
www.ncmuseumofhistory.org

8

Claire, A Costumed Storyteller

Tales of pirates, the Carolina coast
Oxford
(919) 693-9706
www.granvillemuseumnc.org

9

Joe Craven Concert

A multi-instrumentalist
Rutherfordton
(828) 245-1492
www.rowdyrib.com

Highland Games

July 9–12, Grandfather Mountain
(828) 733-1333
www.gmhg.org

10

Art After Hours

July 10, Wake Forest
(919) 435-6233
www.sunflowerstudiowf.com

MusicFest

July 10–11, Sugar Grove
(828) 963-3813
www.covecreek.net

11

Coon Dog Festival

Saluda
(828) 749-2581
www.saluda.com

Classy-Chassis Car Show & Flea Market

Poplar Grove, Wilmington
(910) 686-9518
www.poplargrove.com

Christian Harmony Shape-Note Singing

Murphy, (828) 837-2775
www.cherokeecountychamber.com

RayLen's Full Moon Festival

Mocksville
(336) 998-3100
www.raylenvineyards.com

Arts & Crafts

July 11–12, Maggie Valley
(828) 926-1686
www.maggievalley.org

Festival on the Square

July 11–12, Hayesville
(828) 389-3684

Wright Kite Festival

July 11–12, Kill Devil Hills
(252) 441-4124
www.kittyhawk.com

"Jesus Christ Superstar"

July 11 & 18, Manteo
(252) 473-2127
www.thelostcolony.org

12

The Herb Kitchen

Class recipes with herbs
Pittsboro
(919) 545-5704
www.fearrington.com

13

Hot Summer Night Street Dance

Lake Lure, (828) 245-1842
www.rutherfordtourism.com

Anniversary of the Roanoke Voyages

(252) 475-1500
www.roanokeisland.com

Renaissance Kids Camp

July 13–17, Roanoke Island
(252) 475-1500
www.roanokeisland.com

14

Magic Show for Children

Roanoke Island, (252) 475-1500
www.roanokeisland.com

16

Fayetteville After Five

Fayetteville, (910) 483-5311
www.fayettevillemuseumart.org/
fayetteville_after_five.html

17

Christmas in July

Potters decorate their shops
Seagrove
(336) 626-0364
www.seagrovetpotteryheritage.com

Pirates on the Pungo Regatta

July 17–19, Belhaven
(252) 943-2151
www.piratesonpungo.org

Fun Fest

Tweetsie Railroad
July 17–19, Blowing Rock
(800) 526-5740
www.tweetsie.com

18

Big Basswood Adventure

Hiking
Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

High Country Wine Event

Banner Elk
(800) 972-2183
www.averycounty.com

Folk Festival

July 18–19, Franklin
(828) 369-7411

Fine Arts & Master Craft Festival

July 18–19, Banner Elk
(800) 972-2183
www.averycounty.com

19

Laura Long Concert

Member of Lost Colony Choir
Roanoke Island
(252) 475-1500
www.roanokeisland.com

20

Camp Smolken

Children activities
July 20–24, Roanoke Island
(252) 475-1500
www.roanokeisland.com

21

N.C. 4H Centennial Homecoming

State fairgrounds, Raleigh
(919) 515-8466
NC4H_100@ncsu.edu

CelloMan

Performance with music,
stories and masks
July 21–24, Roanoke Island
(252) 475-1500
www.roanokeisland.com

22

Macon County Gemboree

July 22–25, Franklin
(800) 336-7829

23

Cantaloupe Festival

Ridgeway
(252) 456-2412

Crank-Up

Antique farm engines,
ice cream, parade
July 23–25, Deep Gap
(828) 264-4977
www.oldengine.org/members/carolina

G & LW Wholesale Gem Show

July 23–26, Franklin
(601) 879-8832

24

50's Dance at the Silver Spur

Love Valley
(704) 593-5311
www.lovevalley.com

Tahoe Pro Rodeo

July 24–25, Newport,
(252) 342-1563



The 46th Coon Dog Day Festival in Saluda July 11 will include a crafts fair, country music, a parade and street dance, a hunting contest, as well as a bench show for coon hounds from across the Carolinas and elsewhere. Visit www.saluda.com.

Cape Fear Blues Festival
 July 24–26, Wilmington, (910) 350-8822
www.capefearblues.org

Tarpon Tournament
 July 24–26, Oriental, (252) 249-0499
www.orientalrotary.org/tarpontournament.html

25

Pirates Ahoy!
 NC Museum of History, Raleigh, (919) 807-7992
www.ncmuseumofhistory.org

Lego Blast
 Hendersonville, (828) 891-6585
www.historicjohnsonfarm.org

Arts The Councils Fourth Friday
 Fayetteville, (910) 483-5311
www.theartscouncil.org

Heritage Celebration
 Gold Hill, (704) 279-5674
www.historicgoldhill.com

27

Drama Camp
 July 27–Aug. 1, Greenville, (252) 328-1196
www.ecarts.com

28

Pirate Show with Molasses Creek
 July 28–31, Roanoke Island, (252) 475-1500
www.roanokeisland.com

29

Watermelon Festival
 July 29–Aug. 1, Murfreesboro, (252) 398-5922
www.murfreesboronc.org

30

Mountain Dance & Folk Festival
 July 30–Aug. 1, Asheville, (828) 257-4530
www.dwtheatre.com

Annual Farmers Day
 Crafts, food, mule show, parade
 July 30–Aug. 1, Robbins, (910) 464-1290
www.robbinsfarmersday.com

BRAHM Arts & Antiques
 July 30–Aug. 2, Blowing Rock, (828) 295-9099
www.blowingrock.occ

31

Molasses Creek in Concert
 Roanoke Island, (252) 475-1500
www.roanokeisland.com

Listing Information

Deadlines:
 For Sep.: July 24
 For Oct.: Aug. 24

Submit Listings Online:
 Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our Web site. Or e-mail events@carolinacountry.com



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30	10.24	9.36	11.16	10.28	17.94	16.19	50	20.39	16.98	30.19	24.28	56.00	44.19
31	10.24	9.36	11.59	10.72	18.81	17.06	51	21.53	18.03	31.94	25.81	59.50	47.25
32	10.33	9.45	12.03	10.94	19.69	17.50	52	22.84	19.08	33.91	27.34	63.44	50.31
33	10.33	9.45	12.47	11.38	20.56	18.38	53	24.33	20.30	36.09	29.09	67.81	53.81
34	10.33	9.45	12.91	11.81	21.44	19.25	54	25.99	21.70	38.94	31.50	73.50	58.63
35	10.41	9.54	13.56	12.47	22.75	20.56	55	27.91	23.19	42.00	33.91	79.63	63.44
36	10.59	9.63	13.78	12.69	23.19	21.00	56	29.58	23.89	45.50	35.44	86.63	66.50
37	10.85	9.89	13.78	12.69	23.19	21.00	57	31.59	24.68	49.66	36.97	94.94	69.56
38	11.29	10.24	14.00	12.91	23.63	21.44	58	33.95	25.64	54.03	38.72	103.69	73.06
39	11.73	10.68	14.22	13.13	24.06	21.88	59	36.58	26.69	59.72	41.13	115.06	77.88
40	11.90	10.76	14.44	13.34	24.50	22.31	60	40.25	28.18	65.84	43.53	127.31	82.69
41	12.51	11.38	15.09	14.00	25.81	23.63	61	42.61	29.23	72.41	47.25	140.44	90.13
42	13.04	11.73	15.97	14.66	27.56	24.94	62	45.94	30.71	79.84	51.41	155.31	98.44
43	13.56	12.16	17.06	15.53	29.75	26.69	63	49.61	32.38	87.72	56.00	171.06	107.63
44	14.18	12.78	18.16	16.41	31.94	28.44	64	55.21	34.91	98.00	61.91	191.63	119.44
45	14.96	13.39	19.47	17.50	34.56	30.63	65	61.25	37.45	109.38	68.47	214.38	132.56
46	15.84	14.09	21.00	18.59	37.63	32.81	66	69.74	43.23	121.19	77.88	238.00	151.38
47	16.89	14.79	22.97	19.69	41.56	35.00	67	79.98	49.26	134.53	88.59	264.69	172.81
48	17.94	15.40	24.94	21.00	45.50	37.63	68	91.88	56.26	148.75	99.97	293.13	195.56
49	19.08	16.19	27.34	22.53	50.31	40.69	69	105.44	64.23	167.56	114.84	330.75	225.31

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 rates are LTG Ultra-C 10 [policy form no. LTG-C01AG Preferred Plus Non-tobacco]. \$250,000 - \$500,000 rates are Select-A-Term [policy form no. 07007 Preferred Plus Non-tobacco]. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on ART at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday). It is issued by American General Life Insurance Company, Houston, TX. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Premiums for other rate classes, age and payment plans are available upon request. Death benefit remains level and is payable in lump sum, or installments, if so elected. The insurance company may contest the policy for two years from date of policy issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. In the event of suicide in the first two years, policy benefit is limited to return of premium paid. NOT AVAILABLE IN ALL STATES. American General Life Insurance Company is a member of the American International Group, Inc. The underwriting risks, financial obligations and support functions associated with the products issued by American General Life Insurance Company are solely its responsibility. American General Life is responsible for its own individual financial condition and contractual obligations. Rates subject to change.

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OS1-B076-Ultra C/Select A Term (7/2008)

A portable A/C system can cool from room to room

Using natural fresh air is always the most energy-efficient method to ventilate a room, but outdoor allergens can be a problem for many people. Sometimes, though, indoor air is more polluted than outdoor air. If you or family members are sensitive to allergens, check with your physician to make sure the allergens are not indoor-generated.

If you were going to run air conditioning just to circulate clean air, but not necessarily for the cooling, there are several other options to consider. A heat recovery ventilator is a good year-round option. Most systems include effective air cleaners to remove allergens from the fresh air before it enters the system.

Another option is ducting some fresh air into the return air system. Run the system on "fan-only" with no cooling and allow a high-quality central air cleaner to remove the allergens. This is most efficient if your central air handler has an efficient variable-speed blower that can be run at a relatively low speed.

Using a portable air conditioner can also be an effective solution for your family. I use a portable heat pump in my own home/office for year-round savings. In addition to cooling the room during summer, it also functions as an efficient portable heater during winter. It produces 14,000 Btu per hour (Btu/h) of cooling and 11,000 Btu/h of heating. This is much more heat output than a standard electric space heater using the same amount of electricity during winter.

The efficiency of a portable air conditioner is similar to a window air conditioner. Although this is less efficient than the newest central air conditioners, using one can still save money. By keeping just one or two rooms comfortably cool with clean air, you can set your central thermostat higher and save electricity overall. Use it in the dining room for dinner, roll it into the living room for television, and then to the bedroom for sleeping. They are typically mounted on casters so they can be easily rolled from room to room. Most operate on standard 120-volt electricity.

A portable air conditioner/heat pump operates similarly to a typical window unit. The internal rotary compressor, evaporator and condenser function in the same way. The primary difference is it is on casters and rests on the floor. Most are light enough to easily roll from room to room. The higher-output models, such as the heat pump model I use, are fairly heavy but still roll easily.


Round air ducts, similar to dryer ducts, connect the unit to a window adapter. You open a window, place the adapter in the opening and close the window against it. This exhausts the heat outdoors when you're using it to cool. There are two basic designs of portable units. One uses a single duct to the window adapter. This is the simplest system and works well, but it does draw some cooled or heated room air to the outdoors. I use a one-duct model, with a remote control, in my second-floor bedroom to pre-cool it



This portable two-duct heat pump model will heat and cool efficiently year-round.

at night. Then I set its thermostat higher so it does not come on much overnight.

The other design uses two ducts. All of the air flowing through the condenser (which carries the heat away) is drawn from outdoors and exhausted back outdoors. With two ducts, no already-conditioned indoor air is being exhausted outdoors. This is more energy efficient, especially when operating a heat pump model in the heating mode during winter.

Another feature to consider is how the condensed water is handled in the cooling mode. Some evaporative models mix it with the air exhausted outdoors so there is nothing to empty. Other models, which also work well as dehumidifiers, capture the water in a small tank that you must empty. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer portable air conditioner/heat pumps:

Fedders (609) 662-5300
www.fedders.com

Soleus Air (513) 985-1211
www.soleusair.com

Sunpentown (800) 330-0388
www.sunpentown.com

Toyotomi (203) 775-1909
www.toyotomiusa.com

Windchaser (800) 405-2943
www.windchaserproducts.com

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James Dulley, Carolina Country,
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Cincinnati, OH 45244
www.dulley.com

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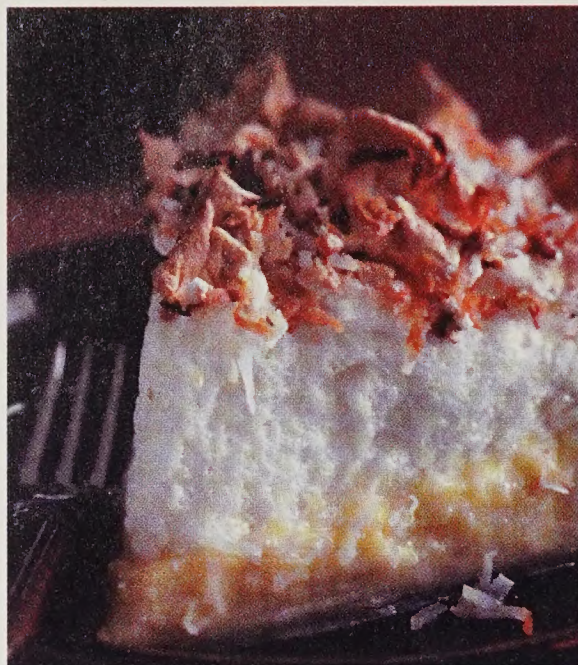
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Coconut Cream Angel Pie

- ½ cup sugar
- ¼ cup cornstarch
- ¼ teaspoon salt
- 2 cups milk
- 3 egg yolks, lightly beaten
- ½ cup flaked coconut
- 1 tablespoon butter
- 1½ teaspoon vanilla extract
- 1 pastry shell (9-inch), baked

Meringue:

- 3 egg whites
- ¼ teaspoon cream of tartar
- ¼ teaspoon vanilla extract
- 6 tablespoons sugar
- ¼ cup flaked coconut

In a small heavy saucepan, combine the sugar, cornstarch and salt. Add milk; stir until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat to low; cook and stir for 2 minutes longer.

Remove from the heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat; stir in the coconut, butter and vanilla. Pour into prepared shell.

In a small bowl, beat the egg whites, cream of tartar and vanilla on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form. Spread meringue over hot filling, sealing edges to crust. Sprinkle with coconut.

Bake at 350 degrees for 20 minutes or until golden brown. Cool on a wire rack for 1 hour; refrigerate for 1–2 hours before serving.



Star Spangled Fruit Tart

- 1 tube (18 ounces) refrigerated sugar cookie dough, softened
- 1 package (8 ounces) cream cheese, softened
- ¼ cup sugar
- ½ teaspoon almond extract
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 cup halved strawberries

Press cookie dough onto an ungreased 12-inch pizza pan. Bake at 350 degrees for 10–15 minutes or until golden brown. Cool on a wire rack.

In a small bowl, beat the cream cheese, sugar and extract until smooth. Spread over crust. In center of tart, arrange berries in the shape of a star; add a berry border. Refrigerate until serving.

Yield: 16 servings



Scalloped Corn

- 4 cups fresh or frozen corn
- 3 eggs
- 1 cup milk
- 1 cup crushed saltines (about 30 crackers), divided
- 3 tablespoons butter, divided
- 1 tablespoon sugar
- 1 tablespoon finely chopped onion
- Salt and pepper to taste

In a large bowl, combine the corn, eggs, milk, ¾ cup cracker crumbs, 2 tablespoons butter, sugar, onion, salt and pepper.

Transfer to a greased 1½-quart baking dish. Mix the remaining cracker crumbs with remaining butter and sprinkle on top of mixture. Bake uncovered at 325 degrees for 1 hour.

Yield: 6 servings

Winning reader recipe

Squash Relish

Chop with food chopper and let stand overnight.

- 10 cups yellow squash (you can substitute 2–3 zucchini squash to give relish color and also add some garlic)

- 4 tablespoons salt

Drain and rinse in cold water. Add:

- 3–4 cups onions, chopped

- 2½ cups vinegar

- 6 cups sugar (1 used 5)

- 1 teaspoon dry mustard

- 2 tablespoons turmeric

- 2 teaspoons celery seed

- 2 teaspoons mustard

- ½ teaspoon black pepper

- 1 red sweet pepper, chopped

- 1 green sweet pepper, chopped (you can use pimento in place of red and green peppers)

Boil 20 minutes. Add 1 tablespoon cornstarch and boil 10 minutes. Stir often to prevent sticking. Put in jars and seal (use more cornstarch if desired to thicken relish)

Makes 12–14 pints

This recipe is a wonderful way to use your squash in the garden. It is delicious with hot dogs and dried beans. I have made this for years, given it to everyone. Some even go buy the squash to make it. It is a big seller at our church bazaar every year.

Betty Starnes of Union Power in Monroe will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

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